

MOLLY MOLE'S COLOR-IN BOOK!

TM

"MOLLY"

HI KIDS!

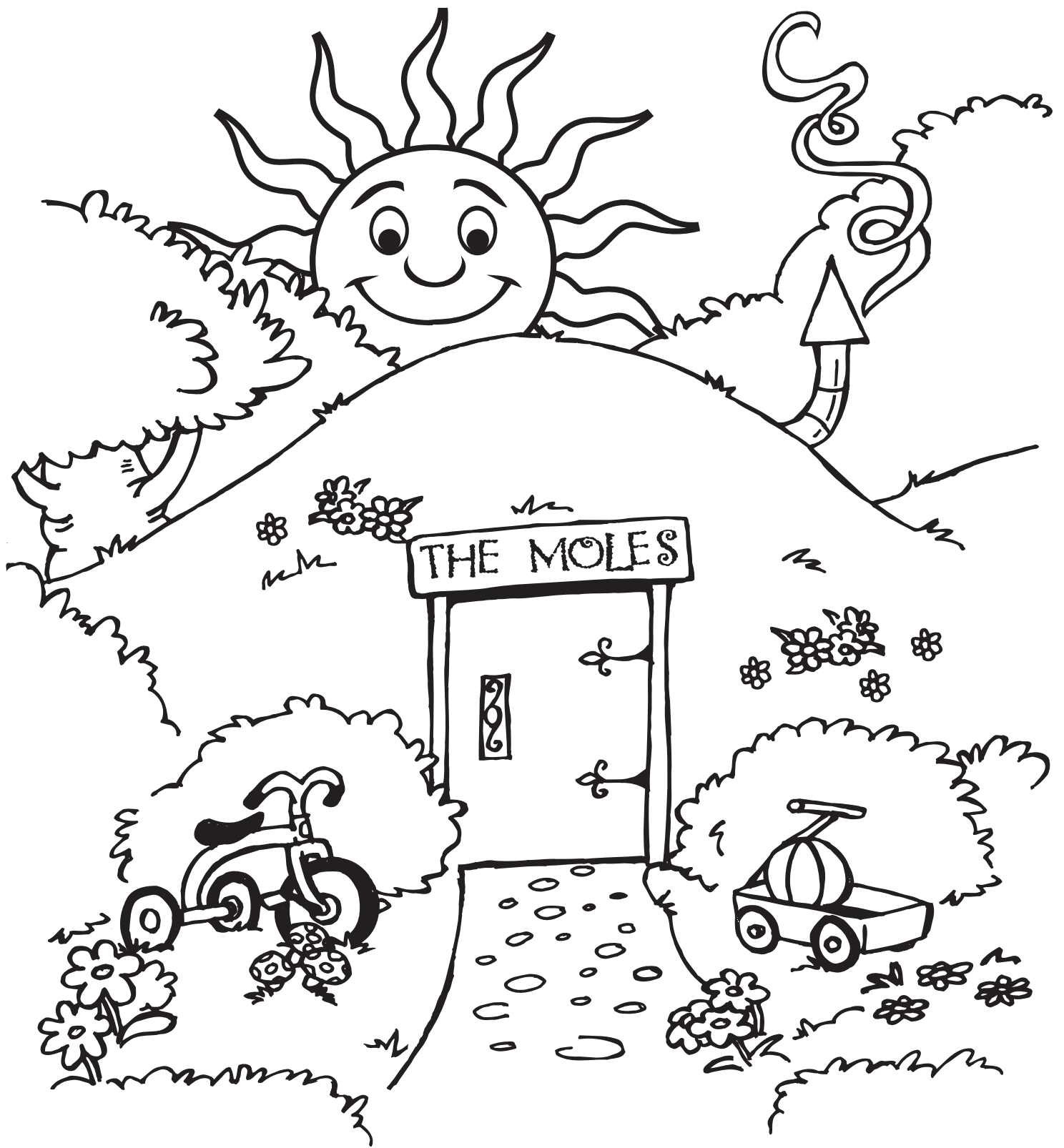


Sun Smart Kids
Cool School Program™

www.kidscoolschoolprogram.org



Morning has come to the little village of Sunnytown.
A brand new day begins.

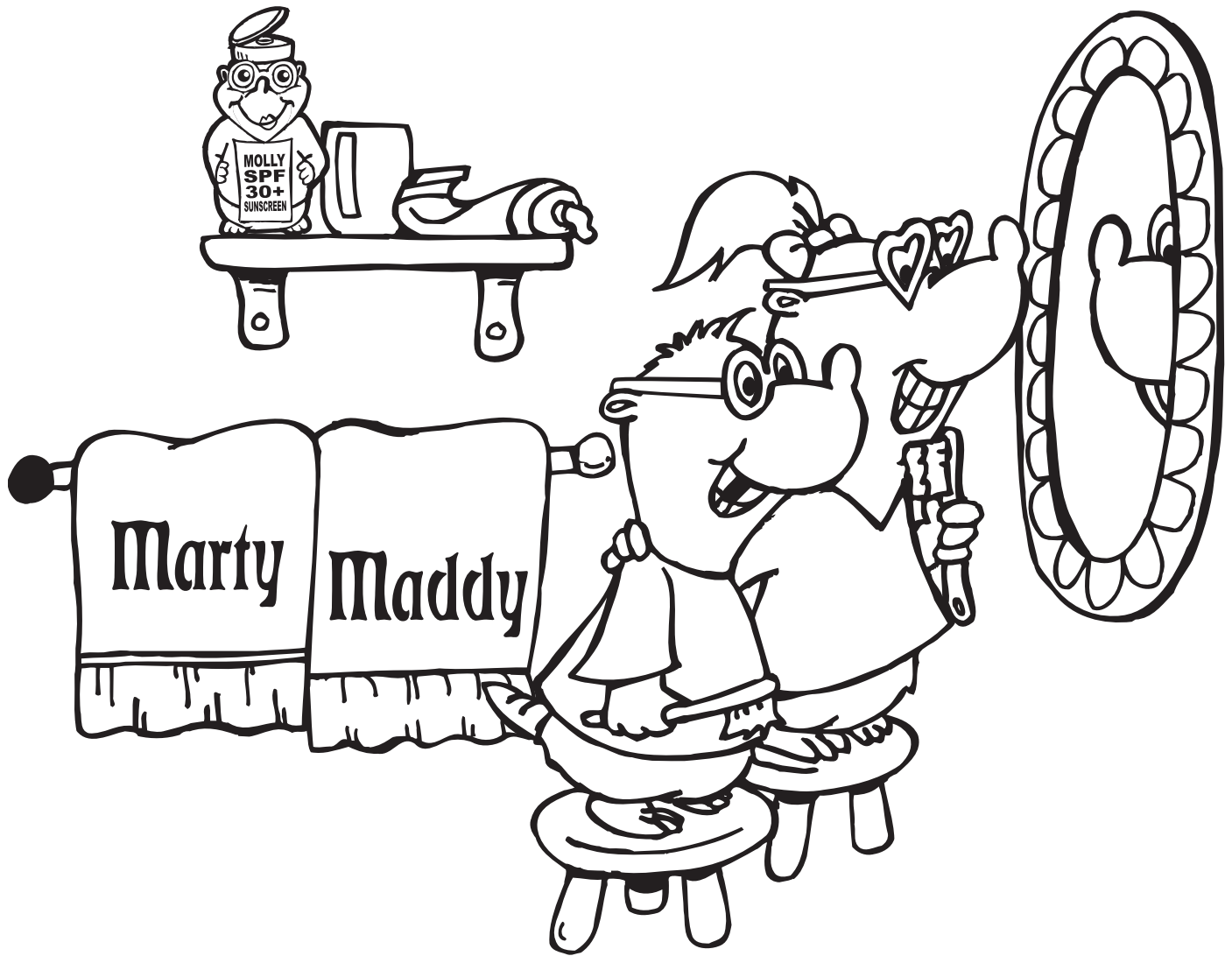


The Mole family is waking up. Molly is the first one up and she has great plans for the day. Today the mole family will be going on a picnic.



At breakfast, Molly asks her children what they would like to do on their picnic today.

Maddy jumps up from her chair and asks to go swimming in the lake. Marty can barely eat his breakfast because he is so excited.



Molly has taught Marty and Maddy that rain or shine, they must dress their skin before they go out for the day. The mole children know that right after they brush their teeth, it is time to put on their sunscreen. Maddy reminds Marty that the sunscreen goes on the skin that would show when they wear their bathing suits. This will keep their skin safe and healthy.



Dressed for the day to protect their skin from the sun, Marty and Maddy help Molly pack the picnic basket. They remember to pack the sunscreen so they can rub it on in the afternoon and after swimming.



It's going to be a great day!



ACTION STEPS FOR SUN PROTECTION

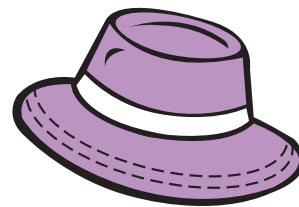
Watch for the UV Index

UV Index	
Index Number	Exposure Level
0-2	Minimal
3-4	Low
5-6	Moderate
7-9	High
10+	Very High



Avoid Sunlamps and
Tanning Parlors

Cover up

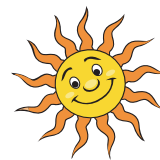


Wear a Hat

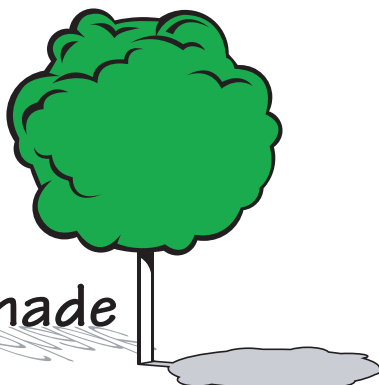
Wear Sunglasses that Block
99-100% of UV Radiation



Limit Time in the Midday Sun



Seek Shade



Always Use
Sunscreen

Written by Sunny Johnson

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